

Healthy Happenings

Tips for a Healthy and Happy Spring

by Amanda Gray

When the apricot trees blossomed in March, they foreshadowed Spring's arrival. In addition to the town feeling a little busier with people, cars, and events, the natural world had its own way of cueing the season change.

The energy of spring often brings a faster pace. The dark season comes to an end, and longer days give us more sunlight and more time to fill. This transition can happen quickly, making it especially important to maintain balance during the shift.

Whether you're a Moab local noticing the season pick up, or a visitor experiencing the beauty of the red rocks, committing to nourishing your nervous system is important. The good news is that Moab is full of opportunities to do just that.

Like any seasonal transition, supporting the body with foods that align with the changing temperature is helpful. Spending time outdoors and connecting with others can also make a big difference. While the seasons change, the core principles of maintaining vitality remain the same—staying in tune with nature, caring for your body, and finding ways to stay grounded year-round.

Here are some tips for a healthy and happy spring that will leave you feeling a little less stressed, a lot more balanced, and ready to soak up all the benefits of the warming season.

1. Move Your Body Outdoors

Chances are, if you're in Moab, you're on the move. But just because you are moving throughout the day at work or play, doesn't mean you're necessarily focused on movement as a form of wellness. Dialing into your movement, whether it's hiking, biking, walking on a trail, or stretching in the sunshine, allows for your nervous system to regulate and release stress.

Wellness Tip: Step outside when you wake up each morning. Natural light exposure has been shown to support mental well-being. Simply taking your coffee cup outside for a few moments can improve your mood and your quality of sleep.

2. Nourishment Through Food

As the weather warms, our bodies often crave lighter, more hydrating foods. Fresh greens, seasonal vegetables, and simple meals can support digestion and overall vitality. Eating in tune with the season helps the body transition smoothly and maintain steady energy throughout busy days. Many businesses and restaurants are committed to sourcing and using as much local produce as possible. Easy Bee Farm offers a CSA that takes the heavy lifting of knowing what to eat seasonally, provides what's in season, and makes it easy to incorporate a weekly grocery pickup into your meal planning. And, the Moonflower Food Cooperative stocks not only local, but also sustainable and healthy options from a variety of producers.

Wellness Tip: Eating with the seasons can support energy and digestion. Incorporate leafy greens into your meals during springtime to ensure you're getting antioxidants and nutrients that support immune health.

3. Invite Balance to Your Schedule

With the increasing pace of spring, taking intentional pauses is essential. Whether through meditation, breathwork, journaling, or a few quiet moments in nature, slowing down helps calm the nervous system and restore balance amid the activity. If you're not sure or familiar with meditation and breathwork, simply find a quiet space outside to sit and reflect.

Wellness Tip: Reserve a day and time on your calendar where you prioritize pause. A mid-week evening free of obligations that includes journaling, reading, or quietly

enjoying a hobby can slow things down and leave you feeling calmer.

4. Connect with Community

Spring invites us to reconnect—with nature and with one another. Spending time with friends, attending local gatherings, or simply sharing a meal can positively affect emotional well-being. Meaningful connection is one of the most effective ways to support a healthy nervous system.

Wellness Tip: Call a friend for an impromptu check-in or attend an event in your community. The Wellness Collective calendar is full of activities each day that support your wellbeing while also giving you the chance to gather in community. You can find it on our website, www.wellnesscollectivemoab.com.

Preparing for spring and staying healthy doesn't have to be intimidating. Start where you are, start small, and invite subtle changes to your daily habits. If you start to feel the busy spring energy creeping in, take a few breaths. Remember, the natural beauty and community gatherings in Moab can provide you with the support to feel well and healthy.

Recurring Healthy Events

Tai Chi with Drew (Alternate Mondays, Apr 13 & 27, 5:15 pm at 76 South 100 West—In the Back of Red Rock Bakery) Class taught by Drew Roots who has been consistently practicing Tai-chi for 27 years now. Sign up online at www.wellnesscollectivemoab.com to save your spot.

Chair Yoga (Mondays at 9am, 76 South 100 West—In the Back of Red Rock Bakery) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Sign up online at www.wellnesscollectivemoab.com to save your spot.

Community Acupuncture (Tuesdays, April 7 & 28, 6:30pm at 76 South 100 West—In the Back of Red Rock Bakery). Join us for Community Acupuncture with Naturopathic Physician and Acupuncturist Rob Neilson at the Wellness Collective. Take an hour to rest, reset, and nurture yourself this fall season. Whether you're seeking stress relief, deeper rest, or simply a little self-care, this is a beautiful way to support your whole being. By Donation. Please sign up online at www.wellnesscollectivemoab.com

Chair Yoga (Tuesdays at 2:30pm, Grand Center, 182 North 500 West) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Donations accepted. Sign up online at www.wellnesscollectivemoab.com to save your spot or just show up.

Y12SR-The Yoga of 12-Step Recovery (Wednesdays at 5:15pm at 76 South 100 West—In the Back of Red Rock Bakery) Combining the practical tools of the 12-Step program with the ancient wisdom of yoga. Y12SR is a yoga practice followed by a brief group discussion based on the 12-steps. Open to everyone and anyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome. Y12SR is NOT a replacement for meetings, sponsors, or a part of the 12-step program. Provided in partnership with @myusara. Sign up online at www.wellnesscollectivemoab.com

Community Yoga with Wellness Collective (Thursdays at 5:15pm at 76 South 100 West—In the Back of Red Rock Bakery). Join the facilitators with Wellness Collective for a 60 minute community yoga class. Class is by donation and you must sign up in advance online at www.wellnesscollectivemoab.com

Dharma Recovery (Alternate Thursdays, April 9 & 23 at 6:30pm at 76 South 100 West—In the Back of Red Rock Bakery). A peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom. Please sign up online at www.wellnesscollectivemoab.com

Fun Friday — Flow into Yoga (Fridays, 8:30am at 76 South 100 West—In the Back of Red Rock Bakery). Start your Friday with this all-levels donation yoga class designed to help you awaken the body, center the mind, and ease into your day with intention. **Includes a Free 12oz coffee from the Red Rock Bakery!** Please sign up in advance online at www.wellnesscollectivemoab.com

Yoga for Recovery for Everyone (Fridays, 10:00am at USARA, 23 S 100 W, Moab). Join Breann at USARA for a FREE gentle yoga class. Please sign up in advance online at www.wellnesscollectivemoab.com

Qi-Gong (Saturdays, April 11 & 25, 8:00am at 76 South 100 West—In the Back of Red Rock Bakery) Zhineng Qigong is a powerful mind-body practice rooted in ancient Chinese healing traditions and adapted for modern times. This gentle yet profound system blends slow movement, sound, visualization, and meditation to help individuals cultivate inner peace, restore balance, and enhance vitality. Virtual-Zoom or in person option available! Sign up at www.wellnesscollectivemoab.com for more info.

WELLNESS COLLECTIVE PRESENTS:

ROOTED IN COMMUNITY

GROWING MENTAL HEALTH THROUGH CONNECTION

Thrive Moab

MENTAL HEALTH & WELLNESS FESTIVAL

MAY 2ND • 12:00-5:00 PM • ROTARY PARK

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| <p>EXPLORE + CONNECT</p> <ul style="list-style-type: none"> Local vendors Community resources Mini workshops | <p>MUSIC + COMMUNITY</p> <ul style="list-style-type: none"> Jacob Crane performance Live DJ Food & Treats Raffle prizes | <p>CREATE + PLAY</p> <ul style="list-style-type: none"> Art activities Games & recreation Pop-up classes Fun for all ages |
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